

INTRO TO ASATRU



WRITTEN AND PRINTED BY:
VOLKSFRONT
DEPT. OF POLITICAL PRISONER
AFFAIRS
P.O. BOX 66731
PORTLAND, OREGON
97290



ᚱᚩᚱᚩ ᚱᚩ ᚱᚩᚱᚱᚱ

This booklet is in no way
an advocacy of
violence,
criminality, or racism.

This booklet was published by Volksfront's Dept. of Political Prisoner Affairs in order to assist imprisoned European-American prisoners in the study of the religion of Asatru. Asatru is a recognized religion in most United States correctional facilities and is well documented as a valid religion by both the United States Supreme Court and case law. The Constitutional Rights of Euro-American Prisoners are oft neglected and abused by Correctional Officers and facilities who mistake Asatru and Odinism as a White Supremacist creation. It is not. Asatru-Odinism is a critical component to helping Euro-American prisoners escape the cycle of crime and violence which has threatened American society and destroyed the lives of the inmates themselves. Asatru is a Folk-based religion which predates religions of Semitic origin (Judaism, Christianity and Islam) by over 6,000 years.

In this booklet both inmates and correctional staff will learn some critical elements of the religion and its requirements. It hoped this booklet will ease some of the concerns of correctional staff about the religion and help the inmate grow in their religious faith and become better citizens upon release.

COPYRIGHT 2003 VOLKSFRONT



Asatru Reference Materials:

The Poetic Edda - by Lee M. Hollander, published by University of Texas Press.

*The Odinic Rite - www.odinic-rite.org
BCM Runic, London, WC1N 3XX, England*

*Asatru Folk Assembly - www.runestone.org
PO Box 445, Nevada City, CA 95959*

The Prose Edda - Snorri Sturlusson, University of California Press; ISBN: 0520012321; (June 1964)

Saga of the Icelanders - Penguin Books

Beowulf - Seamus Heaney, WW Norton & Company

Rites of Odin - Ed Fitch, Llewellyn Publications

The Saga of the Volsungs - by Jesse L. Byock, Penguin Classics

Norse Myths - by Kevin Crossley-Holland, Random House, ISBN: 0394748468; (September 1981)



What is Asatru- Odinism?

Asa-Tru literally translated from Old Norse means “Faith in the Aesir”. The Aesir are a family of Folk Gods including Odin, Thor, Heimdall, Loki, Baldur and Tyr. Asatru is often used as an interchangeable term with “Odinism”. Odinism is the following of Odin and his teachings. Odin is the father of the Aesir family of Gods which is hierarchal in structure.

Asatru was first practiced in it’s earliest forms in a wide area stretching from Europe to India by the *Aryan people. Asatru was and is very connected to environment and is often referred to as a “nature-based” religion. The Indian religion today still retains many similarities to Asatru including names and archetypical figures.

The faith of Asatru reached it’s best known climax in the 8th to 10th centuries C.E. (Common Era), when Norse settlers and raiders brought the faith to almost every continent, including North America (Vinland). The faith of Asatru promotes knowledge and a quest for knowledge, often spurring the Ancient Norse to new feats of exploration and discovery. Sadly, during this time, Christianity was expanding greatly into Europe and the Catholic Church sanctioned the destruction of the Asatru religion as ‘pagan’. Over 200 years of war and persecution eventually drove Asatru to the brink of extinction in the early 10th century. Asatru shrines, temples and schools were burned and destroyed and the Gothi and Gythia (priests and priestesses) were burned at the stake. The Holy Groves, such as those in Uppsala, Sweden which had stood for hundreds of years where many Asatruar held rites were cut or burned down by the intolerant faith of Christianity.

In the late 18th and early 19th centuries Asatru began a revival in the Germanic Paganist movement spearheaded by persons such as Guido VonList and philosopher Karl Jung. Asatru began it’s first notable growth in North America in the late 60’s and early 70’s and was greatly influenced by persons such as Steven McNallen who helped form America’s first government recognized Odinist-Asatru “church”.

*Aryan, doesn’t refer to the “Master Race” as used by National Socialist Germany. The Aryans were an Indo-European people who spoke the

THE RUNES

When used in phonetic form the Runes are traditionally written right to left and bottom to top. With words being separated by a dot or two dots vertically. Runic study and use is essential for inmates as a command from Odin. Runes are used for meditation and spiritual communication with the Gods and ancestors. It is a critical component of the faith. Runes are generally made out of the wood of a fruit-bearing tree but may also be made out bone, stone or metal. In tradition, Runes were stained with the blood of the person creating them, this providing a spiritual and genetic link to Runes. If this is a problem in the prison environment, the juice of a berry such as cranberries may be used (not concentrate) but extracted directly from the fruit itself.



1. Common Germanic Futhark 500 A.T.
2. Anglo-Saxon 800 A.T.
3. Norwegian-Swedish late Norse Futhark 800-1000 A.T.
4. Danish late Norse Futhark 900 A.T.
5. Stemless Runes 1100-1200 A.T.
6. Dotted Runes 1200-1400 A.T.

RUNIC PHONETIC VALUES

GERMAN

F	U	Th	A	R	K
ƒ	u	þ	ǣ	ᚱ	<
G	W	H	N	I	J
g	w	h	n	i	j
E	P	R	S	T	B
e	p	r	s	t	b
E	M	L	NG	O	D
e	m	l	ng	o	d

THE HAVAMAL

The Havamal is a completely essential necessity for Asatru inmate. It is also called the “Sayings or Har” or “Sayings of Odin”. It contains essential wisdom and ethical requirements for all Asatruar. The Havamal is generally included in the “Poetic Edda” which all Asatruar should possess. Some examples of Havamal verses are:

*“To be bright of brain, let no man boast,
but take good heed of his tongue:
the sage and the silent come seldom to grief
as they fare among folk in the hall.”*

*“The unwise man thinks that he will surely live,
if from fighting he flees;
but the ails and aches of old age dog him
though spears have spared him.”*

*“Let a king’s offspring be sparing in words,
and bold in battle;
glad and wholesome the hero be
till comes his dying day.”*

*“Good it is not, though good it is thought,
mead for the sons of men;
the deeper he drinks the dimmer grows
the mind of many a man.”*

*“The unwise man all night,
thinking of this and that-
tosses, sleepless and is tired at morn
nor lighter for that his load.”*

*“I know that I hung on the windy tree
For nights, all of nine -
Wounded by spear - and given to Odin
Myself to myself
On that Tree*

*And no man knows where the roots of it run.
None gave me bread,
None gave me mead,
I peered down, I took up the Runes,
Screaming of need I took them
And fell back hence.”*

~Index of Modern Asatru Terms & Definitions~

*Mjollnir - Thor’s Hammer, crafted by dwarves, the protector of Gods and men.
The most common and revered symbol of Asatru.*

*Midgard - The earth, as believed to be in center of the universal tree
Yggdrasil.*

Vinland - The name given to North America by earlier Norse explorers.

Folk - One’s people, race, cultural/social group and ancestors.

Blot - Religious Ceremony.

Hof - Temple or ritual area.

Godi or Gothi - Priest or person performing an Asatru Ceremony.

Aryans - Indo-European people from whom modern day Europeans descend.

Kindred - A gathering or collection of Asatruar.

Asatruar - An individual believer in Asatru.

Rune - Sacred symbol used in religious writing, meditation and divine communication.

Mead - A sacred drink made from fermented honey. Used in rituals.

*Sumbel - A ritual toast when a mead horn is passed around the kindred and
toasts and vows are made before the assembly.*

*Valhalla - The divine dwelling of men who fell in honorable combat. The host
of Valhalla will follow Odin to the final battle of Ragnarok. Means literally
“The Hall of the Slain”.*

*Valkyrie - Literally means “Chooser of the Slain”. Warrior maidens who chose
men for entrance in Valhalla.*

*Ragnarok - “Armageddon”. The final battle between good (Gods and Men)
and evil (Jotuns “giants” and Loki).*

OLD NORSE VOCABULARY

Godan daginn	<i>Good morning</i>
Gott Kvold	<i>Good evening</i>
Goda nott	<i>Good night</i>
Komdu saell	<i>How are you?(to singular male)</i>
Komdu sael	<i>How are you?(to singular female)</i>
Gott!	<i>Good; I'm fine</i>
Heilsa	<i>Greetings (to an individual)</i>
Heilsamn	<i>Greetings (to a group)</i>
Farr heill	<i>Go in health</i>
Talar thu Norraena?	<i>Do you speak Norse?</i>
Talar Thu Donsk tunga?	<i>Do you speak Danish?</i>
Ja, ek tala Norraena	<i>Yes, I speak Norse</i>
Nei ek tala ekki Norraena	<i>No, I don't speak Norse</i>
Ja, Nei	<i>Yes; No</i>
Hvad heitir Thu	<i>What is your name?</i>
Ek heiti (Thorsteinn)	<i>My name is (Thorsteinn)</i>
Ek heiti (Inga)	<i>My name is (Inga)</i>
Takk	<i>Thanks</i>
Ek Thakka ther fyrir	<i>Thank you very much</i>
Ves Heill	<i>Be healthy!</i>
Vertu saell	<i>Be blessed</i>
Vertu sael	<i>Be blessed</i>
Faadir	<i>Father</i>
Moedir	<i>Mother</i>
Sonr	<i>Son</i>
Dottir	<i>Daughter</i>
Broedir	<i>Brother</i>
Systir	<i>Sister</i>
Faadir, Moedir, Sonr Min etc.	<i>My father, mother, son etc.</i>
Hvar er faadir? Moedir,	<i>Where is father? mother?</i>
Hvar er brodir minn? Sonr minn?	<i>Where is my brother~ son?</i>
Hvar er systir min? dottir min?	<i>Where is my sister~? daughter?</i>
Sunnudagr	<i>Sun's Day</i>
Manadagr	<i>Mani's Day</i>
Odinsdagr	<i>Tyr's Day</i>
Tyrsdagr	<i>Odin's Day</i>
Thorsdagr	<i>Thor's Day</i>
Laugardagr	<i>Wash or Bath Day</i>

THE VIRTUES OF ASATRU

The Nine Noble Virtues

COURAGE
 TRUTH
 HONOR
 FIDELITY
 DISCIPLINE
 HOSPITALITY
 INDUSTRIOUSNESS
 SELF-RELIANCE
 PERSEVERANCE
 *SELF-SACRIFICE

The Nine Charges

1. To maintain candor and fidelity in love and devotion to the tried friend: though he strike me I will do him no scathe.
2. Never to make wrongsome oath: for great and grim is the reward for the breaking of plighted troth.
3. To deal not hardly with the humble and the lowly.
4. To remember the respect that is due to great age.
5. To suffer no evil to go unremedied and to fight against the enemies of Faith, Folk and Family: my foes I will fight in the field, nor will I stay to be burnt in my house.
6. To succor the friendless but to put no faith in the pledged word of a stranger people.
7. If I hear the fool's word of a drunken man I will strive not: for many a grief and the very death groweth from out such things.
8. To give kind heed to dead men: straw dead, sea dead or sword dead.
9. To abide by the enactment of lawful authority and to bear with courage the decrees of the Norns.
- *10. To give all necessary to obtain wisdom, honor, and victory; even at cost of life and limb.

Religious Freedom Restoration Act of 1993

SECTION 1. SHORT TITLE.

This act may be cited as the “RELIGIOUS FREEDOM RESTORATION ACT OF 1993.”

SECTION 2. CONGRESSIONAL FINDINGS AND DECLARATION OF PURPOSES.

(a) FINDINGS.--The congress finds that--

(1) The framers of the constitution, recognizing free exercise of religion as an unalienable right, secured its protection in the First Amendment to the Constitution:

(2) Laws “neutral” towards religion may burden religious exercise as surely as laws intended to interfere with religious exercise:

(3) Governments should not substantially burden religious exercise without compelling justification:

(4) In *Employment Division v. Smith*, 494 U.S. 872 (1990) the Supreme Court virtually eliminated the requirement that the government justify burdens on religious exercise imposed by laws neutral toward religion: and

(5) The compelling interest test as set forth in prior Federal court rulings is a workable test for striking sensible balances between religious liberty and competing prior government interests.

(b) PURPOSES.--The purposes of this Act are--

(1) To restore the compelling interest test as set forth in *Sherbert v. Verner*, 374 U.S. 398 (1963) and *Wisconsin v. Yoder*, 406 U.S. 205 (1972) and to guarantee its application in all cases where free exercise of religion is substantially burdened: and

(2) To provide a claim or defense to persons whose religious exercise is substantially burdened.

Sec. 3 FREE EXERCISE OF RELIGION PROTECTED

(a) IN GENERAL-- Government shall not substantially burden a person’s exercise of religion even if the burden results from a rule of general applicability, except as provided subsection (b).

HOLY DAYS OF ASATRU

Asatru Monthly Names and days of Religious Significance

JANUARY	THORRI	“GIANT MONTH”
FEBRUARY	GOI	“WINTER MONTH”
MARCH	EINMANADR	“BEFORE WINTER”
APRIL	EGGTID	“EGG TIME”
MAY	SOLMANADR	“SUN MONTH”
JUNE	SELMANADR	“Mountain Pasture Month”
JULY	HEYANNIR	“HAY MAKING”
AUGUST	KORNKURDMAJN	“REAPING MONTH”
SEPTEMBER	HAUSTMAN	
OCTOBER	GORMAN	“SLAUGHTER MOON”
NOVEMBER	FRERMAN	“FROST MONTH”
DECEMBER	HRUTMAN	“RAM MONTH”

MOST SIGNIFICANT RELIGIOUS DAYS

SNOWMOON, (JANUARY 22ND) THORRABLOT

LENTING, (MARCH 21ST) OSTARA

OSTARA, (APRIL 15TH) SUMARDAG/SIGRBLOT

FALLOW, (JUNE 20TH) MIDSUMMER

SHEDDING, (SEPTEMBER 21ST) FALL EQYINOX

FOGMOON, (NOVEMBER 11TH) FEAST OF EINHERHIJAR

YIJLEMOON, (DECEMBER 20TH) MOTHER NIGHT

YULEMOON, (DECEMBER 31ST) TWELFTH NIGHT

The Gods and Goddesses

ODIN, ODHINN, WOTAN ...The All-Father, god of battle, wisdom, poetry, magic. Ruler of Valhalla and Asgard, Father of gods and men. Odin is also known in as the, “Betrayer of Warriors”, since he is often known to grant victory in battle to the less worthy side in order to have the stronger sit with him in Valhalla, the Hall of the Slain. His ravens are Hugin and Munin, Wisdom and Memory. His wolves are Geri and Freki, Greedy and Gluttony. Odin is wrapped in mystery and his secrets are not easgained. He is the master of Runic Mystery.

THOR, DONN AR... Son of Odin, Protector of Midgard and men. God of strength, thunder, and weather. Thor is known as the friend of men. lie is in constant conflict with Loki and his ilk on the behalf of men. His hammer, “Mjollnir”, “Crusher”, is the weapon that slays the World Serpent at Ragnarok. His chariot is pulled by two great immortal goats, and on it he rides slaying the foes of gods and men.

FRIGGA, FRIGG... Wife of Odin, Earth Mother, mother of the Gods. Frigga is the eternal earth, mother of all beings. Called upon to sanctify marriage, and child birth. She is the wise Grandmother, and the patient Mother of our Gods and People.

TYR, TIR... God of War, justice, valor, and sacrifice. The one-handed god who placed his hand in Fenris Wolf's mouth as a sacrifice to chain this brood of Loki. Matters of honor and justice are his domain and he is the advocate of righteous causes.

Baldur, BALDER... God of Beauty, and goodness. Slain by his brother though Loki's treachery. One of the few gods to return from death after Ragnarok. He is loved by all beings, and tempers the wrath of his peers.

Loki ... God of mischief, treachery, evil, and malice. Betrayer of the gods. Enemy and brother of Thor. Loki is an intricate part of the balance of Midgard, both evil and good are found within the breasts of men.

FREYA, FREYJA... Goddess of love, sensuality, procreation, and sex. Daughter of Njord, and sister of Frey. The patron of maidens and young women leading figure of the Vanir. Fertility of both the land and woman kind are her realm.

FREY, FREYR ... God of love, joy, and prosperity, He is brother to Freya, and son to Njord. his boar, “Golden Bristles”, pulls his chariot into the last battle.

NJORD, NJORTH... God of the sea, trade, and prosperity. Original lord of the Vanir, father of both Frey and Freya.

(b)EXCEPTION.--Government may substantially burden a person's exercise of religion only if it demonstrates that application of the burden to the person--

(1)is in the furtherance of a compelling governmental interest; and

(2)is the least restrictive means of furthering that compelling governmental interest.

(c)JUDICIAL RELIEF.--A person whose religious exercise has been burdened in violation of this section may assert that violation as a claim or defense in a judicial proceeding and obtain appropriate relief against a government. Standing to assert a claim or defense under this section shall be governed by the general rules of standing under article III of the Constitution.

SEC.4 ATTORNEYS FEES.

(This section amends 42 USC Sec. 988, the rights attorneys' fees act, to indicate that they may be awarded in RFRA actions, as they be in other types of civil rights actions.)

SEC.5. DEFINITIONS.

(1)the term “government” includes a branch, department, agency, instrumentality, and official (or other person acting under color of law) of the United States , a State, or a subdivision of a State;

(2)the term “State” includes the District of Columbia, the Commonwealth of Puerto Rico. and each territory and possession of the United States;

(3)the term “demonstrates” means meets the burden of going forward with the exercise of persuasion; and

(4)the term “exercise of religion” means the exercise of religion under the First Amendment to the Constitution.

SEC.6 APPLICABILITY

(a)IN GENERAL --This Act applies to all federal and state law, and the implementation of that law, whether statutory or otherwise, and whether adopted before or after enactment of the Act.

(b)RULE OF CONSTRUCTION. --Federal statutory law adopted after the date of the enactment of this Act is subject to this Act unless such law explicitly excludes such application by reference to the Act.

(c)RELIGIOUS BELIEF UNAFFECTED.--

Nothing in this Act shall be construed to authorize any government to burden any religious belief.

SEC .7 ESTABLISHMENT UNAFFECTED CLAUSE

Nothing in this Act shall be construed to affect,interpret, or in any way address that portion of the First Amendment prohibiting laws respecting the establishment of religion (referred in this section as the “establishment Clause”). Granting government funding, benefits, or exemptions, to the extent permissible under the Establishment Clause, shall not construe a violation of the Act. As used in this section, the term “granting”, used with respect to government funding benefits, or exemptions, does not include the denial of government funding, benefits, or exemptions.

WHY ASATRU?

FOR THOUSANDS OF YEARS OUR ANCESTORS SURGED ACROSS LAND AND SEA IN A WAVE OF CONQUEST, TRADE AND EXPLORATION THAT HAS COME DOWN IN STORY AND IN LEGEND TO STIR OUR IMAGINATIONS EVEN TODAY. THE NORSEMAN TOOK PART IN THIS DRAMA, AS DID THE GERMANIC TRIBES ON THE EUROPEAN CONTINENT. WE, THEIR DESCENDANTS WHETHER SCANDINAVIAN, ENGLISH, GERMAN, DUTCH, FRANKISH, OR RELATED PEOPLES- CAN DRAW UPON THESE MIGHTY FORE FATHERS FOR OUR INSPIRATION TODAY.

COURAGE, VITALITY AND LOVE OF FREEDOM ARE OUR SPIRITUAL BIRTHRIGHT. LET US EXAMINE THAT INHERITANCE, AS EXEMPLIFIED IN OUR ANCESTRAL RELIGION KNOWN AS ASATRU- AN OLD NORSE WORD FOR BELIEF IN THE AESIR AND THE VANIR..

ASATRU PLACES AN EXCEPTIONALLY HIGH VALUE ON HUMAN FREEDOM AND ON INDIVIDUALITY. THIS APPLIES BOTH IN WORLDLY AND IN SPIRITUAL MATTERS, AND IS SO STRONG THAT WE HONOR OUR GODS AND GODDESSES, BUT DO NOT GROVEL BEFORE THEM. TO US, THE GODS AND GODDESSES ARE MODELS, INSPIRATIONS, SELF-AWARE PERSONIFICATIONS OF THE FORCES OF NATURE, AND EVEN FRIENDS, BUT NEVER ARE THEY OUR MASTERS OR WE ARE THEIR SLAVES. WE DO NOT BOW BEFORE THEM WHEN WE CALL ON THEM, NOR DO WE SURRENDER OUR SOVEREIGNTY TO THEM. WE DO NOT BEG FROM THEM, SACRIFICING FREEDOM FOR A HANDOUT. IT IS TRUE, OUR HIGH GOD, ODIN, IS CALLED “ALL FATHER”, BUT THIS DOES NOT IMPLY INFERIORITY OR SUBMISSIVENESS ON OUR PART. AMONG THE NORSE PEOPLES AND IN GERMANIC SOCIETY GENERALLY, DEFIANCE AND STRENGTH OF WILL ARE CONSIDERED FAVORABLE TRAITS AMONG CHILDREN, FOR THEY HAVE INDICATED A CAPACITY FOR SELF-RESPONSIBILITY AND INDEPENDENCE. SO IT IS BETWEEN US AND OUR GODS. THE FAMILY IS ONE OF THE PILLARS OF ASATRU. BY TRADITION OUR PEOPLE HAVE ALWAYS BEEN DEVOTED TO THEIR FAMILY, AND TRIBE OR KINDRED. THESE ORGANIC SOCIAL OF LIBERTY. WHERE THE FAMILY AND ITS NATURAL EXTENSIONS ARE FUNCTIONING PROPERLY, THE POWER OF COMPETING ENTITIES, SUCH AS THE STATE, WILL BE LIMITED. WHERE THEY ARE NON-EXISTENT OR CRIPPLED, ALL POWER GRAVITATES TO THE STATE BY DEFAULT, AND FREEDOM DIES

Jul, Jol
Thorrablot
Vetrnaetr
Sumar
Sigrblot
Midsummer
to Thorri
Vor Tru
Asatru
Asatruar
Asatruari
Asatruarar
Aesir
Vanir
Asynja
Asynjur
Alfar
Disir
Jotnar
Jotin
Godanum
Heill Godanum!
Fara med godanum
Megi Thorr blessi thig
Megi Othinn blessi thig
Godi, Gothi
Gothar
Gydja
Godord
Allsherjargodi
Hlauttboli; blotbolli
hllauttein
Gandr
Fu tha rk
Drekkj arhorn
Stalli
Hof
Hofstadir
Stal lahringr
Hlautt
Vebond
horgr
thorshammar
Vigja, helga
Mjodr
Ol
Bjor

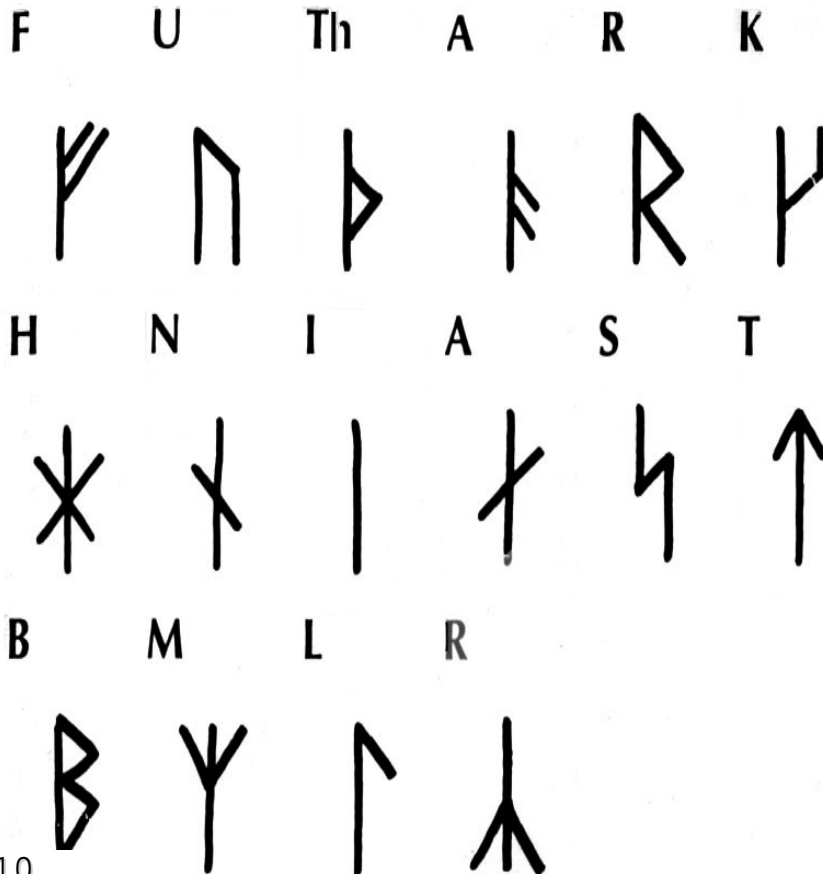
Yule
Winter sacrifice
Winter Nights
Summer
Victory sacrifice
Midsummer
to Thorri
Our faith, religion
The troth or faith in the Asa
Believing in Asatru
A believer in Asatru (singular)
Believers in Asatru (plural)
One group of Horse Gods
Another group of deities
God
Goddess
Elves
Female fertility
Giants
Giant
The Gods
Hail the Gods!
Go with the Gods
May Thor bless you
May Odin bless you
Priest
Priests
Priestess
Priestesses
The priesthood
Sacrificial bowl
Sacrificial evergreen twig
Ritual runic wand
Runic “alphabet”
Drinking horn
Indoor altar
Temple
Temple stead
Altar or Oath ring
Sacrificial mead
Outdoor ritual area
Outdoor altar of stone
Thor’s hammer
Hallow, sanctify
Mead
Ale
Beer

THE RUNES

The Runes were a means of religious communication with spiritual powers and also had a phonetic meanings. Odin commanded men in the Havamal to learn them saying:

*“Know’st how to write, know’st how to read,
know’st how to stain, know’st how to understand,
know’st how to ask, know’st how to offer,
know’st how to supplicate, know’st how to sacrifice”*

DANISH



Religious Requirements for Prisoners-

There are provisions within the Asatru Community for both group worship, and individual worship. Kindreds, and often, groups of Kindreds gather for the observance of Blot which mark the seasons and equinoxes. Many Kindreds also gather more frequently to perform Blot, Sumbel, Feasts, and other religious ceremonies. These ceremonies are usually conducted by a member of the Gothar, however, if one is not available, anyone at a gathering can conduct most religious services.

For the Godi to perform Blot, certain ritual items are required. An altar (a table will suffice), a Blot bowl, drinking horn or suitable an evergreen sprig, sacrificial mead. Depending on which deity is being honored, other implements can be used as well. Refer to the Rituals of Asatru for further details on ritual implements. Some prisons, under the supervision of the Chaplain, allow prisoners to mix honey, water, and fruit juice together immediately prior to the Blot, this is a suitable substitute for mead. If this is not possible, fruit juice is allowed as a substitute.

It is also customary for a formal Feast to commence immediately after the Blot has ended. The Feast must be Hammer Signed, or blessed with the Hammer of Thor. A Thor's Hammer is a must for any Blessing ceremony. Thor's Hammer is considered the primal symbol of our Faith, and most Asatruar were a Hammer necklace daily. These personal Hammers can be used for any Blessing, but some Kindreds have larger ritual ones.

Individuals with no Kindred contact, should be able to offer Blot according to their own spiritual needs. In keeping with the commandments of Odin listed in Havamal 144. Each prisoner should have, or have free access to; a personal Thor's Hammer, a copy of the Poetic Edda (which contains the complete Havamal), a set of Runes, and a Runic Instruction book.

Dietary Requirements of the Asatru religion: Pork is considered the sacred meat of God Freyr and should be available on all Holy days. Mead or a juice substitute is also required during ritual and Holy Days.

Dress Requirements: The right to wear a Mjollnir (Thor's Hammer) pendant or Rune pendant of the individual's patron deity is the only requirement.

Likewise, there are no specific religious edicts regarding medical treatment, this is a matter of personal choice.

Membership within the Asatru Community is a matter of free choice. Asatru does not condone or permit the use of force, or the use of physical or spiritual intimidation in the recruitment of new members. Likewise, one is free to leave the Asatru Community if one finds that it does not satisfy your personal spiritual needs.